

## Diabetes Empowerment Scale-Short Form (DES-SF)

The 8 items below constitute the DES-SF. The scale is scored by averaging the scores of all completed items (Strongly Disagree =1, Strongly Agree = 5)  
The Psychometric characteristics of the instrument appear below the questions.

Check the box that gives the best answer for you.

In general, I believe that I:

- |   |  |  |  |   |   |
|---|--|--|--|---|---|
| 1. ...know what part(s) of taking care of my diabetes that I am <b>dissatisfied</b> with. | <input type="checkbox"/> <sub>1</sub><br>Strongly Disagree | <input type="checkbox"/> <sub>2</sub><br>Somewhat Disagree | <input type="checkbox"/> <sub>3</sub><br>Neutral | <input type="checkbox"/> <sub>4</sub><br>Somewhat Agree | <input type="checkbox"/> <sub>5</sub><br>Strongly Agree |
| 2. ...am able to turn my diabetes goals into a workable plan.                             | <input type="checkbox"/> <sub>1</sub><br>Strongly Disagree | <input type="checkbox"/> <sub>2</sub><br>Somewhat Disagree | <input type="checkbox"/> <sub>3</sub><br>Neutral | <input type="checkbox"/> <sub>4</sub><br>Somewhat Agree | <input type="checkbox"/> <sub>5</sub><br>Strongly Agree |
| 3. ...can try out different ways of overcoming barriers to my diabetes goals.             | <input type="checkbox"/> <sub>1</sub><br>Strongly Disagree | <input type="checkbox"/> <sub>2</sub><br>Somewhat Disagree | <input type="checkbox"/> <sub>3</sub><br>Neutral | <input type="checkbox"/> <sub>4</sub><br>Somewhat Agree | <input type="checkbox"/> <sub>5</sub><br>Strongly Agree |
| 4. ...can find ways to feel better about <b>having</b> diabetes.                          | <input type="checkbox"/> <sub>1</sub><br>Strongly Disagree | <input type="checkbox"/> <sub>2</sub><br>Somewhat Disagree | <input type="checkbox"/> <sub>3</sub><br>Neutral | <input type="checkbox"/> <sub>4</sub><br>Somewhat Agree | <input type="checkbox"/> <sub>5</sub><br>Strongly Agree |
| 5. ...know the <b>positive</b> ways I cope with diabetes-related stress.                  | <input type="checkbox"/> <sub>1</sub><br>Strongly Disagree | <input type="checkbox"/> <sub>2</sub><br>Somewhat Disagree | <input type="checkbox"/> <sub>3</sub><br>Neutral | <input type="checkbox"/> <sub>4</sub><br>Somewhat Agree | <input type="checkbox"/> <sub>5</sub><br>Strongly Agree |
| 6. ...can ask for support for having and caring for my diabetes when I need it.           | <input type="checkbox"/> <sub>1</sub><br>Strongly Disagree | <input type="checkbox"/> <sub>2</sub><br>Somewhat Disagree | <input type="checkbox"/> <sub>3</sub><br>Neutral | <input type="checkbox"/> <sub>4</sub><br>Somewhat Agree | <input type="checkbox"/> <sub>5</sub><br>Strongly Agree |
| 7. ...know what helps me stay motivated to care for my diabetes.                          | <input type="checkbox"/> <sub>1</sub><br>Strongly Disagree | <input type="checkbox"/> <sub>2</sub><br>Somewhat Disagree | <input type="checkbox"/> <sub>3</sub><br>Neutral | <input type="checkbox"/> <sub>4</sub><br>Somewhat Agree | <input type="checkbox"/> <sub>5</sub><br>Strongly Agree |

8. ...know enough about myself as a person to make diabetes care choices that are right for me.
- |                                       |                                       |                                       |                                       |                                       |
|---------------------------------------|---------------------------------------|---------------------------------------|---------------------------------------|---------------------------------------|
| <input type="checkbox"/> <sub>1</sub> | <input type="checkbox"/> <sub>2</sub> | <input type="checkbox"/> <sub>3</sub> | <input type="checkbox"/> <sub>4</sub> | <input type="checkbox"/> <sub>5</sub> |
| Strongly Disagree                     | Somewhat Disagree                     | Neutral                               | Somewhat Agree                        | Strongly Agree                        |

**Anderson RM, Fitzgerald JT, Gruppen LD, Funnell MM and Oh MS. "The Diabetes Empowerment Scale-Short Form (DES-SF)' in Diabetes Care (Letters:Observations) 26: 1641-1642, 2003. 1641-1642, 2003.The Diabetes**

### **Empowerment Scale-Short Form (DES-SF)**

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In 2000 we developed the Diabetes Empowerment Scale (DES) to measure the psychosocial self-efficacy of people with diabetes. The original questionnaire contained 37 items representing 8 conceptual dimensions (i.e. assessing the need for change; developing a plan; overcoming barriers; asking for support; supporting oneself; coping with emotion; motivating oneself; and making diabetes care choices appropriate for one's priorities and circumstances). Using factor analyses the questionnaire was reduced to the current 28-item DES  $\alpha = 0.96$  containing three subscales. (1) The three subscales are: 1) managing the psychosocial aspects of diabetes with 9 items,  $\alpha = 0.93$ ; 2) assessing dissatisfaction and readiness